

FLETCHER HILLS DENTAL IMPLANT & ORAL SURGERY CENTER

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APHTHOUS ULCERS OF THE MOUTH

You have been diagnosed with oral aphthous ulcers. This is a harmless condition but one that will frequently recur and cause your mouth to become sore. The lesions will heal on their own within a week provided that you keep them clean and they do not get a secondary infection. For some, rinsing their mouth with warm water and baking soda mouth rinse four times a day for a week, is enough to keep the ulcers clean and permit them to heal. on their own.

For others, a Doxycycline mouth rinse will be needed to keep the ulcers clean. Doxycycline is an antibiotic that also works to heal ulcers.. You must make this up fresh at the beginning of a new set of ulcers. Most people with aphthous ulcers know when the ulcers are coming. For these people, the sooner the treatment is started the faster the resolution will be and sometimes the ulcers won't even form at all. A new rinse must be made up for each use since Doxycycline goes bad very quickly once the capsules are opened.

To make up tetracycline rinse. Doxycycline comes in capsules containing a yellow powder. Separate one capsule and empty it into 1 fluid ounce (5 ml) of warm water and mix it together so that the powder is dissolved. Take half of this solution into your mouth and rinse it about in your mouth for 3-5 minutes. **Spit this out. Do not swallow it.** Then, take the remainder of the solution and rinse again for several minutes and spit it out. **Again, do not swallow it.** Only do this when you feel you may be getting ulcers **OR** you already have them then quit once they have gone away because the Doxycycline is very acidic and may damage your teeth with prolonged and excessive use.

If your ulcers do not heal, please return to see us for more advice.

Remember not to give your tetracycline to anyone else, particularly to anyone under the age of 18.

If you have any questions, please contact us at 619-334-8880.